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**IMPROVED CONCRETE POLE CASTING MOLDING SYSTEM AND  
METHOD****ABSTRACT OF THE DISCLOSURE**

A method and apparatus for casting an elongated pole member. In accordance with one embodiment, the method includes providing an elongated casting mold having a 10 lengthwise rim boundary defining a planar open mouth from which a cast pole member, while still in a substantially plasticized state, can be slidably removed without damaging the mold or comprising the cast member. The elongated casting mold is positioned in a horizontal molding orientation where concrete casting material is poured into the casting mold and the mold is vibration treated to remove air pockets. After withdrawing rebar 15 constraint pins, a final vibration cycle fills the air pockets left thereby. The mold is then rotated approximately 180° about its lengthwise axis to a horizontal demolding orientation in which the lengthwise open rim boundary of the mold is facing downward and the cast member can be slidably removed therefrom with the flat backside of the U-shaped cast member supported upwardly by the receiving surface. The receiving surface 20 supporting the flat backside cast member surface is then lowered while the mold is held substantially stationary such that the cast member is gravity released from the mold.